

## Appendix A

### *Case 1 – Generalised Anxiety Disorder.*

A 30 year old lady, Mrs P approaches you after a service. Mrs P has been attending work less frequently. You ask why and she says she has been feeling increasingly anxious and worried over the last 7 months after starting a new job. She says she has been constantly worrying about money and her daughters GCSE results, although she can worry “about anything”. Recently she’s also had difficulty getting to sleep and finds it difficult to concentrate at work. After having an argument with her husband she feels as if she’s had enough and wants to quit her job.

### *Case 2 – Delusions and Psychosis [non-religious].*

Mrs T, a 22-year-old woman approaches you after a service, as she believes she is being followed. She says the government is trying to arrest her, as she knows the nuclear launch codes. She says she obtained these as someone is sending information to her telepathically from MI5, which she hears as a voice. She also appears poorly kempt and unwashed. This has been going on for 7 months now and she is sure of these beliefs.

### *Case 3 – Obsessive Compulsive Disorder [religious themes].*

A 17-year-old girl contacts you after a service. She says she is having excessive thoughts that god does not love her and that she is plagued by sexual thoughts of him. She says she has been praying over 18 times a day asking for forgiveness but still doesn’t believe she has been forgiven. She is scared that her loves ones will go to hell because of her and doesn’t know what to do.

### *Case 4 – Mild Depression.*

Mr R, a 60-year-old man approaches you after a service, as he hasn’t been feeling himself recently. Over the past 3 weeks his mood has been low and he doesn’t seem to get the same enjoyment out of his hobbies than he used to. He can’t understand why he is feeling like this, but puts it down to being lonely.

### *Case 5 – Substance Misuse Disorder [Alcoholism].*

Mrs J, a 40-year-old woman approaches you after a service, for advice in giving up alcohol. She has been drinking on average of 2 bottles of wine a day over the last year and has failed to give up a number of times now. She describes an intense craving for alcohol and is desperate to stop drinking. She is still managing to attend work.

### *Case 6 – Delusions and Psychosis [religious themes].*

Mrs N, a 25-year-old woman approaches you after a service, as she believes there is a demon living inside of her. She appears poorly kempt and has not washed. She says she can hear the demon as a voice at anytime of day, saying things such she is “evil” and that “god does not love her”. She says angels are communicating with her through messages on the TV and radio with instructions on how to get rid of the demon. She believes the only way to get rid of it is to eat only yellow foods and wear blue clothes, as the demon is scared of these colours. This has been going on for 6 months now and she is sure of these beliefs.

### *Case 7 – Severe Depression with Suicidal ideation.*

Mr P, a 25 year old approaches you after a service. He is at a time of crisis. He says he wants to end his life. He has planned to end his life next week with a paracetamol overdose when his housemates are away. He has made a will. He says his mood has been persistently low for 6 months now and has lost interest in any hobbies as he no longer enjoys them and never has the energy. He believes he is worthless and wont get better.